Oatmeal

Makes: 100 servings

Prep Time: 1 min

Cook Time: 10-12 minutes

Ingredients:

- **11 L** water
- **1 cup** vanilla
- **1 cup** maple syrop, molasses, dark agave nectar, bananas, raisins or apple cider
- **2 tbsp** sea salt (optional)
- **50 cups** rolled oats

Other Options:

- **10 cups** raisins or chopped apples
- **8 cups** shredded coconut
- **4 tbsp** nutmeg

Equipment:

- **24-L** cooking pot

Bring water to a boil in a large pot. Add remaining ingrediants, return to a boil, then turn to low heat. Stir often. Cook for two to five minutes. Remove from heat. You can serve with margarine and sweetener or substitue bananas or apple juice to sweeten the oatmeal.

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